AMENDMENTS TO THE SPECIFICATION

The following replacement paragraphs will replace paragraphs 040 and in the specification.

[0040] Generally, support deck 160 provides a surface allowing a user to rest his/her feet thereon thereby allowing a user to perform certain exercise routines such as squats, and other standing or sitting exercise routines. Inclusion of an inclined portion 162 allows a user to position his/her feet at a desired angle during certain exercise routines such as the squat press. Further, this inclined portion 162 minimizes slippage of a user's feet on support base 16 during exercise routines. A variety of types and configurations of inclined portion 162 can be utilized without departing from the scope and spirit of the present invention. For example, in the illustrated embodiment, the inclined surface is ~~gradual~~ gradually inclined from more planar portions of support deck 160. In an alternative embodiment, inclined portion 162 rises sharply and at a distinct angle with respect to other portions of support deck 160. In still another configuration, inclined portion 162 is not included in support base 16 so that support base 16 has the same planar orientation along its length.

[0060] In the illustrated embodiment, automatic resistance adjustment mechanism 300 includes a lever arm 302, a lever arm length regulator 304, and a lead screw motor assembly 310. Lever arm 302 cooperatively interacts with cable and pulley system 340 to regulate the amount of resistance required to displace resistance assembly cable 29 and by extension resilient elongate rod 22. Lever arm length regulator 304 is linked to resistance assembly cable 29 to cause displacement of resilient elongate rod 22. In the present invention, linked means directly coupled or indirectly coupled. Lever arm length regulator 304 changes the effective length of lever arm 302 to provide a greater or lesser amount of mechanical advantage. By changing the

amount of mechanical advantage provided by lever arm 302, a greater or lesser amount of resistance is required to flex resilient elongate rod 22. Lever arm length ~~regular~~ regulator 304 is moved laterally by means of lead screw motor [[310]] 314. Lead screw motor assembly 310 is coupled to lever arm 302 and lever arm length regular 304. When a user selects a change in the amount of resistance with which to exercise utilizing electronic weight selector control 40, lead screw motor assembly automatically changes the position of lever arm length regulator to provide the desired amount of leverage benefit and thereby the desired amount of resistance for use during exercise.

[0083] Exercise indicia 410 provides a list of recommended exercise routines that can be utilized by the user in connection with exercise apparatus 1. In the illustrated embodiment, exercise indicia 410 are arranged to allow a use to identify exercise routines adapted to benefit certain muscle groups. For example, upper body exercises include an incline press, a pectoral fly, a chest press, a bicep curl, a decline press, a shoulder press, an arm raise, and a tricep extension. Abs and back programs include a lat pull down, abdominal crunch, obliques, reverse fly, row, and back extension. Lower body exercises include a squat, leg extension, hip adduction, ~~glut~~ glute kick, leg curl, and calf raise.

[0093] Figure 10 illustrates an upright component support member 18 and squat apparatus ~~15~~ 50 in greater detail. In the illustrated embodiment, upright component support member 18 includes a roller track 180. Another roller track 180 is positioned on the opposite side of upright component support member 18. Squat apparatus 50 includes a support frame 56 and rollers 58a-d. Support frame 56 provides a foundation on which cushioning member 52, hand grip assemblies 54a, b, and rollers 58a-d are affixed. Rollers 58a-d are positioned within roller track

180. The configuration of rollers 58a-d and roller track 180 allows smooth and consistent sliding movement of squat apparatus 50 relative to upright component support member 18.